

Cinema Senior Center May 2024 Calendar

Senior Solutions
3420 Clemson Blvd, Unit 17
Anderson, SC 29621

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	
5	6	7	8	9	10	11
	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Art Class 9:00 AM-11:00 AM Karaoke Rehearsal 10AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Karaoke 10AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	
12	13	14	15	16	17	18
	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Art Class 9:00 AM-11:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	
19	20	21	22	23	24	25
	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Art Class 9:00 AM-11:00 AM Karaoke Rehearsal 10AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Karaoke 10AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	
26	27	28	29	30	31	
	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Art Class 9:00 AM-11:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Afternoon Cards 1:00 PM	Silver Sneakers Cardio 8:15 AM-9:15 AM Morning Cards 9:00 AM Afternoon Cards 1:00PM	Silver Sneakers Classic 8:30-9:30 AM Morning Cards 9:00 AM Floor Yoga 9:30-10:30 AM Chair Yoga 10:30-11:30 AM Potluck 11:30AM Afternoon Cards 1:00 PM	